

TAKING CARE OF YOURSELF AND FRIENDS



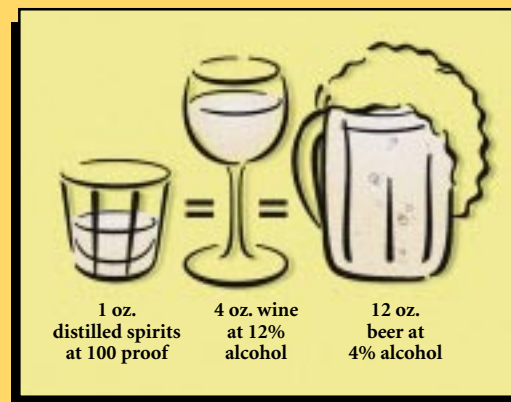
What is BAC?

Your **Blood Alcohol Concentration (BAC)** is the amount of alcohol that is present in the blood stream.

The way a person reacts to alcohol depends on:

- ✓ **Strength of drink:** Drinks can have different effects based on their composition. Mixing a drink with a carbonated soda, for example, will quicken the effects of the alcohol due to the carbonation bubbles. Mixing alcohol with juice or milk, however, will decrease the effects of alcohol.
- ✓ **Rate of consumption:** Gulping or chugging drinks will increase the amount of alcohol absorbed into the system. The liver metabolizes alcohol at an average rate of one drink per hour (12 oz. beer, 5 oz. wine, 1 oz. distilled spirits). If a person drinks faster than this, the remainder of the alcohol will circulate in the bloodstream until the liver is able to metabolize all of the alcohol.
- ✓ **Body size/weight:** Smaller people will generally be affected more quickly by alcohol than heavier people. This is because heavier people have more blood and water in their bodies, which assists in the dilution of alcohol.
- ✓ **Food:** A full stomach slows the absorption of alcohol into the bloodstream. Drinking on an empty stomach, however, will cause the BAC to rise more rapidly since there is no food to assist in absorption.
- ✓ **Gender:** Women tend to reach a higher BAC faster because they have a higher fat to muscle ratio than men. Fat repels alcohol, whereas muscle absorbs it. Therefore, it takes lesser amounts of alcohol for a woman to show signs of its effects since women are usually smaller, and have less muscle to absorb the alcohol.
- ✓ **Drug use:** The use of other legal or illegal drugs can increase the effects of alcohol, and may cause a risky, unpredictable outcome.

Blood Alcohol Concentration (BAC)	Predictable Effects on the Average Person
.02%	<ul style="list-style-type: none">• Relaxation• Loss of inhibitions• Mild intensification of existing mood• Lightheadedness <p>This is the legal limit for those under the age of 21 and driving under the influence.</p>
.05%	<ul style="list-style-type: none">• Mild euphoria• Emotions and behavior become exaggerated• Deficits in fine motor skills• Delayed reaction time• Lack of recognition of these deficits
.08%	<ul style="list-style-type: none">• Motor skills impaired• Mild speech impairment• Balance is affected• Sight and hearing are reduced• Impaired judgment such that one's ability to evaluate or respond to sexual situations is impaired• Recognition of cognitive motor deficits is lost <p>This is the legal limit for those over the age of 21 while driving.</p>
.10%	<ul style="list-style-type: none">• Lack of coordination and balance• Memory and judgment are severely impaired• Recognition of impairment is lost• Emotions are exaggerated to the extreme point of belligerence in some cases
.15%	<ul style="list-style-type: none">• Significant impairment of all mental and physical functions with deficits in judgment• Feeling as if one is in a stupor• Blackouts (drug induced amnesia)• Risk of accidental injury to self and others• Significant loss of control over behavior
.20%	<ul style="list-style-type: none">• Confusion• Standing upright is difficult• Movement requires assistance from others• Physical harm to self often goes unnoticed or is ignored• Vomiting may occur or gag reflex is affected with increased risk of asphyxiation from choking on vomit
.30%	<ul style="list-style-type: none">• In a trance-like state• Unconsciousness (passed out)• Difficulty in becoming aroused <p>This is equivalent to the level of surgical anesthesia.</p>
.40%	<ul style="list-style-type: none">• Comatose• Extremely high likelihood of death due to respiratory or cardiac failure



Laying Down Virginia Laws

- One does not have to be drunk (intoxicated) to be impaired. Impairment can begin with the first drink. Driving skills and abilities, such as judgment, reaction time and motor coordination, are impaired in most people long before they exhibit visible signs of drunkenness.
- The Commonwealth of Virginia defines the legal limit for driving while intoxicated at a BAC of 0.08% for those 21 years of age and over, and 0.02% for those who are under 21 years of age. **If convicted, violators of the above are guilty of a Class 1 Misdemeanor, can face fines ranging from \$200-2,500, the loss of one's driver's license and various jail times according to any prior convictions and the BAC measured at that time. Convictions of three or more DUIs will result in a Class 6 felony.**
- Virginia's **Zero Tolerance Law** makes driving under the influence of any amount of alcohol a serious criminal offense for drivers under the age of 21.

DO YOU KNOW THE SIGNS?

Problem Drinking:

- Individuals struggling with problem drinking may experience one or more of the following:
- Decreasing academic performance as a result of drinking
 - Negative social consequences as a result of drinking or regretting drunk actions
 - Not remembering things one did while intoxicated, also known as blacking out
 - Finding excuses to drink, rationalizing drinking to friends
 - Choosing friends based on drinking behaviors
 - Drinking to escape problems
 - Drinking alone
 - Driving while under the influence
 - Getting angry when confronted about drinking
 - Lying about drinking
 - Committing illegal acts to further use

Symptoms Caused by Withdrawal From Alcohol:

- | | |
|------------|-----------------|
| Headache | Agitation |
| Anger | Excess Sweating |
| Depression | Irritability |

77.4% of Virginia college students have never performed poorly on a test or important project due to drinking or drug use.

(This is based on survey data collected at 22 public and private colleges and universities in Virginia ('99 & '00) from a sample of 14,984 traditional age college students.)



Most (76%) of Virginia college students drink once a week or less!

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How to have a Care-confrontation

If You Think A Friend Has an Alcohol Problem:

You have observed unhealthy behavior, chosen an opportunity and are ready to share your concern for your friend or roommate. A simple model for talking to a friend or roommate about a sensitive topic consists of the following elements: "I CARE", "I SEE", "I LISTEN", "I FEEL", "I WANT", "I WILL".

I care: Describe relationship feelings

I see: Be specific and observable behaviors

I feel: How these behaviors are affecting you

Listen: If he/she gets angry or provokes you, remain calm and nonjudgmental

I want: It may be necessary to set some limits or firm resolution

I will: Indicate your support, what are you willing to do to help them

- ✓ Talk with them, and express friendship, affection, love and concern.
- ✓ Confront them when they are sober.
- ✓ Talk to their friends or relatives to make them aware and get them involved.
- ✓ Get someone they admire to talk with them.
- ✓ Find out what services are available and let them know.
- ✓ Go with them to see a professional.
- ✓ Go see a professional yourself for support in talking to your friend.
- ✓ Try to get your friend or roommate to agree to some form of positive action.
- ✓ Be realistic & emphasize your friendship.

DO YOU KNOW WHAT TO DO?

How to Care for an Intoxicated Friend:

- ✓ Do not leave the person alone.
- ✓ Call 911 immediately if you fear alcohol poisoning.
- ✓ Comfort and reassure him/her.
- ✓ Make sure your friend is lying on his/her side with airways open, in case of vomiting.
- ✓ Check on your friend every 15-20 minutes until his/her responses are normal.
- ✓ Do not administer anything orally, including food, liquid, aspirin, etc.
- ✓ Do not give them a cold shower.
- ✓ Stay and monitor them because BAC can still be rising.

Signs of Alcohol Poisoning:

- ✓ Cold, clammy, discolored skin
- ✓ Unresponsiveness to pinch test
- ✓ Irregular breathing
- ✓ Irregular heart beat

Resources for Concerned Students On Campus:

Check with your college/university for the resources available to you! The campus police, substance abuse education center, counseling center, wellness center, health center and resident assistants, if on your campus, should be able to provide you with information regarding the above information.

Campus Police/Security Phone Number(s):

Counseling Center Phone Number(s):

Health Center Phone Number(s):

Other Campus Resources Available to You: